

# THE FITNESS CHALLENGE SCORESHEET!

from the

*Intercity Sports Review Training Guide*

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## *fitness exercise & running point scoring*

(points per repetition of each exercise and/or time of aerobics fitness run)

<i>exercise</i>	<i>points</i>	<i>repetitions</i>	<i>points</i>
Mountain Climber	4	----- -----	
Squat Thrust	4	----- -----	
Rowing Exercise	4	----- -----	
Sit Up (bent leg)	2	----- -----	
Eight Count Pushup	8	----- -----	
Chin up	10	----- -----	
Leg Lift	4	----- -----	
Toe Raise	1	----- -----	
Exercise point total	-----	----- -----	
Running test point total (from running test time sheet)	-----	----- -----	

*Name* \_\_\_\_\_ *total points* \_\_\_\_\_

-----*date*-----

## *fitness exercise & running test point scoring*

(points per repetition of each exercise and/or time of aerobics fitness run)

<b>FITNESS LEVEL</b>	<b>EXERCISE POINTS</b>		<b>RUNNING POINTS</b>		<b>TOTAL POINTS</b>
1.- JHS (Jr HS)	290	(430)*	210	(350)*	500
2.- JHSV (Jr HS Varsity)	420	(560)*	280	(420)*	700
3.- HSJV (HS Jr Varsity)	550	(690)*	350	(550)*	900
4.- HSV (HS Varsity)	780	(920)*	420	(610)*	1200
5.- COLJV (College Jr Varsity)	1050	(1250)*	550	(670)*	1600
6.- COLV (College Varsity)	1390	(1580)*	610	(730)*	2000
7.- UNV (D1 University Varsity)	1530	(1650)*	670	(790)*	2200

**\* NOTE - Both the fitness exercise and running tests should be taken and scored if feasible.  
Otherwise use the numbers in (parentheses) if only a single test is given.**

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For fitness logs and score sheets contact your fitness instructor  
or visit the Members and Subscribers Section of our Web site at

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